

4 Steps for Beating the Post-Vacation Blues

Written by Administrator

Tuesday, 14 June 2011 10:38

Your vacation should have relaxed and recharged you – so why is going back to work so hard?

Here's how to diminish the seemingly inevitable post-trip let down:

- Pace yourself. Don't try to plan every minute of your vacation for maximum activity. Build in sufficient time to relax so you don't return to work exhausted from your "fun."
- Schedule your return a couple of days early. Give yourself a day or so between vacation and going back to work; it can help ease the transition to your duties.
- Let others know your plans. Let clients and co-workers know you're away and provide them with alternative contacts. You'll reduce the number of messages waiting for you at the office when you return.
- Ease into it. If you can arrange it, make your first day back a half-day. You can take care of the most pressing issues before diving back in.

Travel and health experts say a winning getaway is one that is enjoyed before, during, and after a trip. With a little planning and forethought you can overcome vacation busters and beat the post-vacation blues.